

November 2018



The Summer of Butterflies

by Jennifer Roche

This summer we were lucky to be able to watch the life cycle of the monarch butterfly. Liz McFarlane brought in monarch caterpillars from her garden!! We watched them grow and form into chrysalis.

Ten days later they hatched into monarch butterflies. Fortunately, I got to work early one day and was able to see a butterfly hatch!! Boy, I was lucky to see that. A few hours later I was able to let them go on their journey to Mexico for the winter. Bon Voyage!!



LOCATIONS

326 Raglan St. S.
RENFREW ON K7V 1R5
Phone: 613-432-6763
Fax: 613-432-9465
106 McGonigal St. W.
ARNPRIOR ON K7S 1M4
Phone: 613-623-4955
Fax: 613-623-6176

e-mail:

commliving@clrcs.com

Website:

www.clrcs.com

This newsletter is on our
Website!!

SPECIAL POINTS OF INTEREST

- **Check page 2 for important dates**
- **Read all about the amazing trips and adventures**

2018 – 2019 IMPORTANT DATES TO REMEMBER

Events

CHRISTMAS DANCE - December 7th, 2018, 7 p.m. - RCAF Wing, 164 Argyle St., Renfrew

Christmas Luncheons - Wednesday, December 5th, 2018 - Renfrew

- Friday, December 14th, 2018 - Arnprior

Administration Offices/Day Programs Statutory Holidays/Closed

Tuesday, December 25th, 2018 - Christmas Day

Wednesday, December 26th, 2018 - Boxing Day

Tuesday, January 1st, 2019 - New Year's Day

Monday, February 18th, 2019 - Family Day

Brockville Aquatarium and Railway Tunnel *by Eric Teschke, Jesse Stroud, Janice Lee, Crystal Cobus and Sandra Senack*



A beautiful sunny day led us to the stunning town of Brockville. It was even more impressive with the large ships docked in the harbour. We ventured into the Aquatarium where we saw many interesting displays, however, the baby otters feeding time was the highlight. Then we walked to the Railway Tunnel where a light show to the sounds of music was playing. It was nice and cool in the tunnel; a great escape from the heat. We look forward to adventures in the summer of 2019.



JCS Stables by Teresa Powell

Each week we were greeted by JCS Stables where Crystal Cobus' horse lives. We spent the afternoon at the barn feeding carrots and apples to many horses and even the cats and dogs loved our visits.

This year baby Nate joined the farm and it has been amazing watching him grow and play. We have learned so much and many bonds have been made. WE LOVE HORSES!



Congratulations to the winners of the employee draws!

Labour Day - Fair Passes - Kalyn Barr and Jerry Hodgins

Thanksgiving Day - Basket of goodies - Donna Friske-Williams



Tom Welch and Melissa Hughes had a great time carving pumpkins for Hallowe'en. They roasted and ate the seeds while enjoying the scary pumpkins.





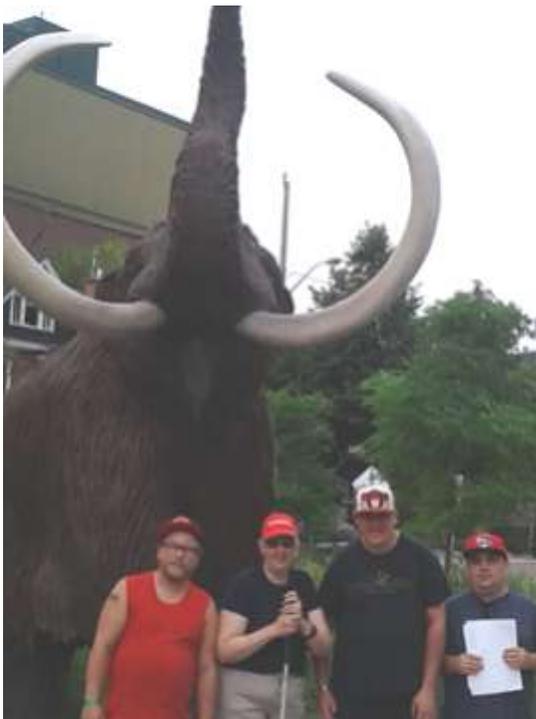
Teresa Powell and David Dregas present a donation from the Community Living Family and Friend's Dinner to Jessica Thompson of the Renfrew Legion.



Alex Duggan and Harris Wade present a donation from Community Living of remote control cars and a helicopter to the Renfrew Recreation Centre.

A Flare For The Dramatic!!

Jesse Collins continues to act with the Stone Fence Theatre in their 17 productions of "I Come from the Valley!" in our community and around the Valley.



Taking in the sites at the Museum of Nature are Sean O'Neill, Jennifer Roche, Alex Duggan and Jesse Stroud. Frank Campbell and Liz McFarlane accompanied.



A party was held in the Renfrew CAS program on October 31. Everyone donned their costumes and some painted pumpkins. The prize for the best costume went to Dr. Cathy Cuff!



Supported Independent Living/Respite Apartment

After many years of being in a separate location, on Monday, October 1, 2018 the SIL program returned to 326 Raglan St. S., Renfrew. We welcome Cyndi Wilson – Manager, Kim Keuhl, Sharon Little, Ruth Karras and Jerry Hodgins to this location as well as part-time employees Sarah Boyer, Steven Fraser, Lindsay Jamieson, and Gloria Tunn! With this move the Renfrew Respite apartment is now closed and is no longer available. (The two bedroom Arnprior Respite apartment is available. To book, please call Tina or Sandy at 613-623-4955).

Double Decker Ottawa Bus Tour

The tour took us all over the city, on both sides of the river and we visited all the major landmarks!



Judy McDonald, Sam Murray, Bill McAdam and Alex Duggan; Crystal Cobus and Steve Fraser accompanied.



Eric Teschke, Jesse Stroud, Janice Lee, Clare Kenopic; Nicole Riopelle and Liz McFarlane accompanied.

Visit to RCMP Stables *by Crystal Cobus*

Dan Laplante, Judy McDonald and Bill McAdam enjoyed their visit at the RCMP stables during our Double Decker Bus Tour.



25th Anniversary of a Very Special Tournament *by Jennifer Creeden*

On a VERY warm, sunny Sunday, September 16th, the 25th Annual Laurel Rafuse Memorial Golf Tournament was once again a successful event. Teams enjoyed a beautiful day and a great game of golf at the Renfrew Golf Club. Everyone celebrated the hot weather and the importance of being part of such a valuable charitable tournament.

The money raised each year at the Laurel Rafuse Memorial Golf Tournament enables children and youth with developmental disabilities to have the opportunity to experience a fun, safe and successful summer camp and March Break camp experience. These programs would not exist for these children and their families without the generous support of everyone associated with this tournament.

Thank you to our corporate sponsors who make this tournament such a success including Ontario Power Generation, C.A. Bruce Insurance Brokers, Renfrew Home Hardware, Centennial Glass, The Bogie Store and Sherrard Kuzz LLP – their financial assistance and commitment is truly appreciated.

Our gratitude to everyone whose generosity made this day possible: Special thanks to myFM for their support leading up to the tournament, for spending the day with us and for taking the mic away from Doug at dinner. Thank you to Deslaurier Custom Cabinets for sponsoring our delicious lunch. Special thanks to the Renfrew Golf Club for their flawless running of the tournament, the prizes they contribute and for the wonderful lunch and dinner that everyone enjoyed. We are grateful to McLaren Orchards for their

donation of delicious apples – which is one of the most popular attractions at our tournament each year.



Thank you to our organizing committee members Carol and David Sulphur, Dan Sheahan, Doug Miller, Laurie Millar, Steve Dregas, Ken Costello, Bill and Lois Butson and Ann Blinkie whose hard work behind the scenes make this tournament come together.

Community Living Renfrew County South (CLRCS), as well as all the young people and their families who benefit are so grateful to the Rafuse family for their decision to contribute to the community in Laurel's memory this way. We acknowledge their dedication and commitment that has brought us to 25 years of making a true difference in the lives of others with this tournament.

Heartfelt appreciation goes to all the volunteers, to the local businesses and individuals who donated prizes and to the faithful golfers who continue to support this tournament annually – we could not experience this success without all of you. When you look at the list of donors and sponsors, you see the support and charity that this community is so well known for.

Cont'd from page 6



We had a successful Bingo at the Arnprior Legion on July 30th, with \$226.00 raised. It was a fun night with lots of BINGO being called. Thank you to all that helped this year with the Bingo and thank you to the Arnprior Legion for providing CLRCS this opportunity.

The Connections Newsletter is published three times per year, it is on our website:
www.clrcs.com

Please fill out the form 2019 MEMBERSHIP to purchase a membership/make a donation, and return it with payment to the Renfrew office.

If you require additional information or you have any ideas or comments about COMMUNITY LIVING RENFREW COUNTY SOUTH please direct them to Sharleen Van Woezik at 613-432-6763 or 613-623-4955 or email: commliving@clrcs.com.

Picture Perfect *by Sharon Little*

Margie Munhall is part of the Wednesday afternoon Camera Club and she also travels with Gloria Tunn taking photos.

Everyone in the Camera Club entered their best photo into the Renfrew Fair competition this year. Margie won **1st** prize in the category of “Dramatic Sky”. A Big Congratulations to Margie!



Milk Bags Wanted!!!

by Miranda Hawkins

Arnold Wall has been working very hard to help out Trinity St. - Andrew’s United Church in Renfrew by making milk bag mats at home and at the church. Arnold has a small frame at home and he weaves or crochets the milk bags together to make

smaller mats. Six smaller mats make a sleeping mat!

From September to May, Arnold volunteers with a group of people every Wednesday afternoon at the church. The volunteers gather and weave sleeping mats from milk bags; these mats are used in countries such as Haiti. The mats are surprisingly comfortable and impervious to insects or water damage, making them very useful in the context of extreme poverty. More milk bags and volunteers are always welcomed! Milk bags can be dropped off at CLRCS office in Renfrew and in Arnprior at the day program. Any interested volunteers can contact the church.

Ann O’Neill celebrated her

70th

birthday on October 16th. A party was held at CLRCS in celebration of this milestone.



Barnet Cottage

July 11th, what a gorgeous day to have our Annual Picnic Lunch at the cottage, enjoyed by all!!!

Many thanks to our wonderful volunteers: Elaine Gilchrist, Helen Deslaurier and Don Di Salle, who assisted in the kitchen.



As well, our dedicated volunteer and paddler Allan Yull who took our individuals around the bay in his new canoe.

Music by Frank Campbell and friends filled the air as individuals enjoyed outdoor games.

Renfrew Fair

Thank you for visiting our booth September 5th - 9th. We held a free draw and the following were the winners.



1st – Kitty Currie



2nd - Polly Felhaber



3rd – Clair Huckabone



Volunteers – Tim Leavoy, Don Di Salle
- CLRCS President, Garry Inglis



Volunteers - Darlene Shields, Ron Windle



Kevin Ostroskie (above) and Chris Bujold (right) enjoyed this experience immensely.

SkiAbility Ottawa is a Not-For-Profit organization that is volunteer driven. It provides a safe, fun and successful learning experience for all persons with a disability. It is a great summer activity! We look forward to skiing next year.

SkiAbility by Nicole Riopelle

July 29th was a gorgeous day for skiing. Many thanks to SkiAbility Ottawa and their volunteers for giving individuals from CLRCS the opportunity to water ski or go for a boat ride at the Rowing Club in Burnstown. Their skills, knowledge and patience made this experience and the day outstanding.



Avgen Card Program – Fundraiser *by Community Relations and Fundraising Committee*



We are pleased to run the Avgen Card Program again this year as a fundraiser. This is our seventh year and each year we have been able to fundraise over \$800. The fundraising revenue will be used to purchase activity supplies and equipment for both day programs.

The Avgen order forms are available at the Arnprior and Renfrew day programs, and on the CLRCS website: www.clrccs.com. Please fill out the order form and bring it to the Renfrew office by November 22nd, 2018 to Darleen Lewis or Ann Blimkie with full payment either by cash or cheque payable to CLRCS. The gift cards will be available for pickup at the beginning of December and you will be contacted when yours are ready.

If you have any questions about this fundraising program contact Ann, Jennifer or Sharleen at 326 Raglan St. S., Renfrew or call 613-432-6763. Thank you for your support! Please feel free to make copies of the order form to share with family, friends and neighbours.

Fall Tour *by Eric Teschke, Isabel Rusenstrom, Connie Gale and Linda Laventure*

In October we enjoyed a trip to Lanark Highlands to see the beautiful fall leaves. Our first stop was at the Balderson Cheese Factory, Eric Teschke's favourite spot, where he enjoyed a double ice cream cone. We stopped at Dalhousie Lake Restaurant for lunch, which was enjoyed by everyone. Connie Gale and Isabel Rusenstrom enjoyed the cows and horses they saw in the fields. We had a great day and lots of laughs!



Little Red Wagon Winery

by Liz McFarlane



It was a tremendous day to go taste some wine at the [Little Red Wagon Winery](#) in Clarendon, Quebec. Sean O'Neill, Rebekka Zimmerling, Andrew McQuade, Darlene Shields and Harris Wade enjoyed trying their white and rosé wine. Unfortunately, they were unable to purchase any as they will bottle it in the next few weeks.

Owners Jennifer and Scott were more than willing to give us a tour of the processing/fermentation area and the vineyards. Everyone was amazed how the grapes felt like plastic.

All agreed they want to return to see the mature grapes and purchase their bottles of wine!!!

Summer Outing *by Karen Moghaddam*

Friday, August 24th Larry Freeman, Ken Johnston, Joel Raycroft, Adam Boldt and Bob Delahaye went to Dows Lake for a boat ride and sport fishing with friends. We had a lovely 90 minute boat ride.

We went to Britannia Beach for lunch at the Baji Grill.

The weather was beautiful and everyone had a great time.



A Visit to the Bonnechere Caves *by Karen Moghaddam*



On Thursday, August 30th we went to the Bonnechere Caves near Eganville.

Our tour guide took us through the dark caves and we even got to see a bat. We learned about all the fossils there and how in 1955 Tom Woodward discovered the caves. He drained the caves and opened them to the curious.

Chris Hinsperger purchased the caves in 1996 and since then has pumped out the water so that from the May long weekend to after Canadian Thanksgiving people like ourselves can share in this adventure.

Everyone had a great day and a few of us bought gifts in the store.

“That Don’t Impress Me Much!!” Shania Twain *by Miranda Hawkins*

Robert Robinson and Ryan Hickey weren’t just impressed with Shania Twain’s Concert in Ottawa on June 25th, they were blown away by it!

Shania sang for two continuous hours and the light and graphic show was amazing. She sang a lot of her older songs and a few new ones. Ryan and Robert found it to be incredible to watch when Shania was made to look like she was 20 feet tall, when she flew in the air almost over them from one stage to the other and by her many wardrobe changes.



MISSION STATEMENT

“working with others to improve the quality of life for people with developmental disabilities”

The Goal of
Community Living
Renfrew County South is:

That all persons live in a state of dignity,
share in all elements of living in the
community and have the opportunity
to participate effectively.

This goal envisions a
community where all
people are welcomed and supported
without discrimination.

2018-2019 Board of Directors

- ◆ Don Di Salle - President
- ◆ Cari Forteach - Vice President
- ◆ Greg Belmore - Treasurer
- ◆ John Cooke - Personnel
- ◆ Geoff Booth - Properties
- ◆ John Carkner
- ◆ Syd Gravel
- ◆ Janice Lee
- ◆ Esther Roberts

Committee Member

- ◆ Helen Deslaurier

Management Team

- ◆ Jennifer Creeden - Executive Director
- ◆ Kalyn Barr - Manager, Supported Group Living Renfrew
- ◆ Jeff Gates - Manager, Supported Group Living Arnprior
- ◆ Tina MacLaren - Manager, CAS Arnprior and Renfrew
- ◆ Lucy McCordick - Boisvenue - Manager, Family Support and Respite
- ◆ Debbie Trahan - Manager, Quality Improvement/Compliance
- ◆ Cyndi Wilson - Manager, Supported Independent Living and Outreach
- ◆ Ann Blimkie - Financial Administrator
- ◆ Laura Pirie - Human Resources Administrator
- ◆ Sharleen Van Woezik - Administrative Assistant
- ◆ Darleen Lewis - Accounting Clerk

MEMBERSHIP 2019

Why Become a Member of Community Living Renfrew County South?

Show your support for the valuable services and programs Community

Living Renfrew County South offers

A larger membership can impact funding opportunities

More members give us a more powerful voice

Have a say in our Association and vote at our Annual General Meeting

Help make a difference in the lives of people with developmental disabilities

Thank you for your support and consideration!

2019 MEMBERSHIPS/DONATIONS

Please return to:

COMMUNITY LIVING RENFREW COUNTY SOUTH
P.O. BOX 683, 326 Raglan St. S. RENFREW ON K7V 4E7
Please make cheque payable to: Community Living Renfrew County South or CLRCS

Name: _____ Address: _____ Telephone #: _____

- I wish to purchase a new 2019 Annual Membership \$5.00
- I wish to renew my 2019 Annual Membership \$5.00

Annual Membership: open to any person who supports the purpose and objectives of the Association and who pays an annual membership fee, except persons employed by the Association. Full voting privileges.

- I wish to purchase a Life Membership \$100.00

Life Membership: open to any person who supports the purpose and objectives of the Association and who pays a life membership shall be valid from the date of purchase and for all future membership years. Full voting privileges.

- I wish to purchase a 2019 Associate Membership \$5.00

Associate Membership: open to any person or organization that supports the purpose and objectives of the Association and pays an associate membership fee. NO voting privileges.

- I wish to make a Donation

Membership \$ _____ + Donation \$ _____ = Total \$ _____

NEWSLETTER: If you are receiving your newsletter by mail but prefer to receive your newsletter notification by e-mail, please insert your e-mail address: _____

Thank you for supporting Community Living Renfrew County South.

Receipts for income tax purposes will be issued for donations and memberships.

Charitable Registration # 10696 2889 RR0001

COMMUNITY LIVING RENFREW COUNTY SOUTH
INVITES YOU TO OUR ANNUAL

Community *Christmas* **Dance**

Come Join Us On
Friday
December 7th
2018

7:00 p.m. -
11:00 p.m.

A.F.A.C.
(RCAF) Wing
164 Argyle St. S.
RENFREW



Cost
\$5.00
at the door

Entertainment by: Fifth Street Band

Door prizes and a light luncheon

For more information contact: Ann or Debbie 613-432-6763

Sandy 613-623-4955 or email: commliving@clrcs.com